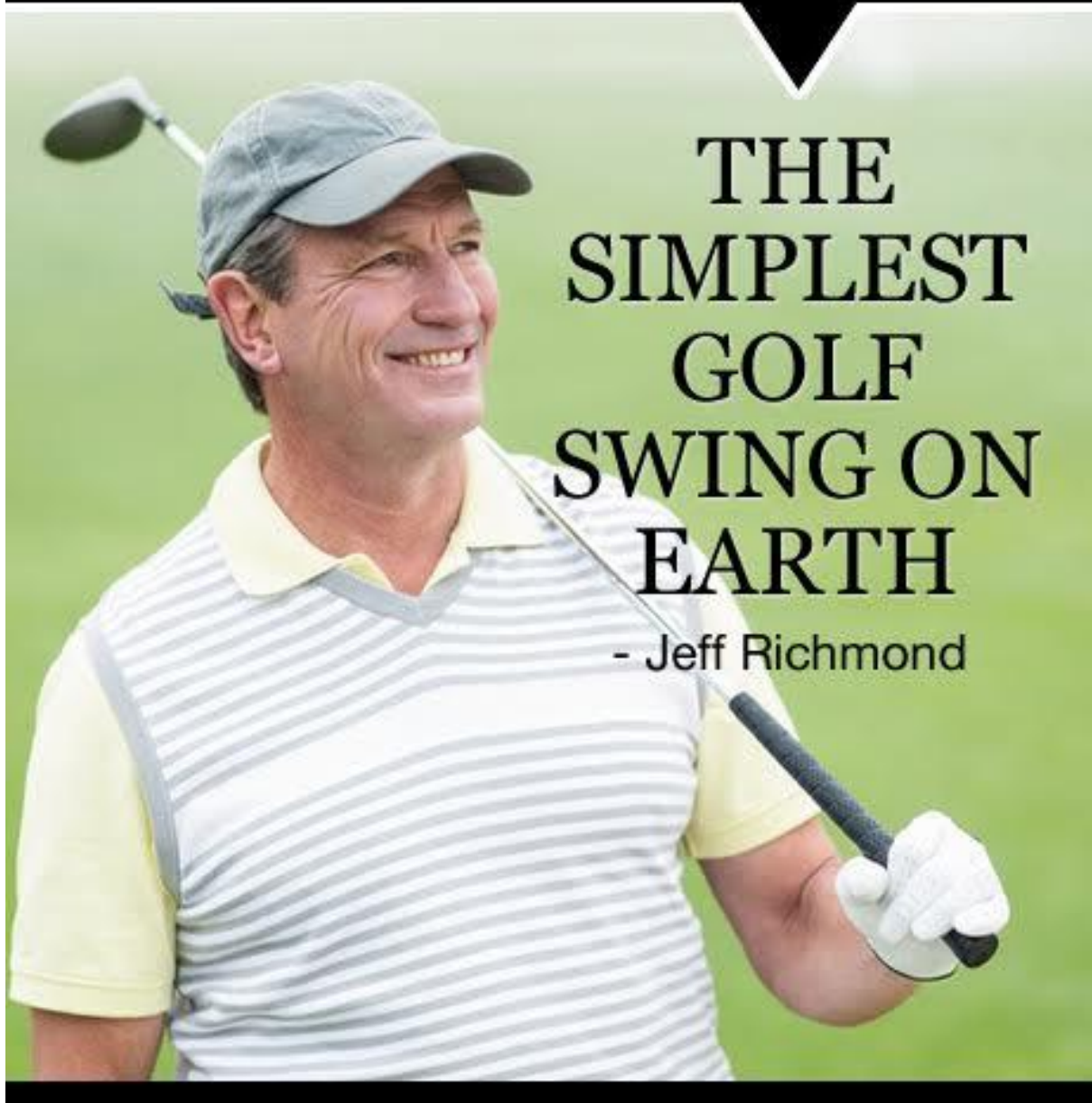


# THE ***STRESS-FREE*** GOLF SWING



# The Stress-Free Golf Swing – Cheat Sheet

## What Was Ben Hogan's Timing Secret?

I believe it was a combination of 3 key things:

- a) At the top of the backswing, Hogan's **left hip returned to the same position it was in at setup** — but with the hips naturally rotated (around 45° or more). He was **not** restricting his hip turn.
  - b) He had **at least 70% of his weight on his front foot** at the top of his backswing. This made timing far easier.
  - c) He started the downswing by **turning the left hip hard to the left**, allowing the hands to go along for the ride.
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## How to Practice Hogan's Move

As easy as 1–2–3:

### 1. Do These Drills at Home (Anytime, as Often as You Can):

- **Arms Folded Drill**
- **Arm Folded + Pressure Plate Drill**

### 2. Then Add These at Home (No Ball Needed):

- **Baseball Drill**
- **Advanced Baseball Drill**

### 3. Finally, Start Hitting Balls:

- Place a **reference object** (e.g. golf alignment stick holder) next to your **left hip at setup**.
- Swing back. At the top, your **left hip should touch the object** again.
- Then start your downswing by turning your hips **left fast**, let your hips **slide naturally**, and your arms/hands go for the ride — with **upper arms connected**.

## Bonus: Step-by-Step Swing Change Plan

You'll want to do **at least 100 reps/day** to build the new swing habit. Here's how:

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### ● Phase 1 – Freezer Positions (Ball but no hitting)

- Setup properly.
- Take the club back until **left arm is parallel to the ground**. Your **left hip should be slightly off the reference point** and pause.
- Continue to the **top of backswing** — your **left hip returns to the reference point**, hips are rotated, and **weight is favoring the left side**.
- Hold. Then reset and repeat.

📅 Do **10 reps**

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### ● Phase 2 – Freezer Position to Top (Ball but no hitting)

- Start from setup and slowly swing to the top.
- When doing this, shift weight off the ball, then begin transferring it **back to the left** as the left arm reaches parallel, no pausing.
- At the top or your backswing, your **left hip returns to the reference spot**, weight on the left. Freeze at the top. Then reset and repeat.

📅 Do **10 reps**

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### ● Phase 3 – Same as Phase 2, Eyes Closed

Doing this builds feel and body awareness and will speed up the swing change.

📅 Do **10 reps**

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### ● Phase 4 – Freezer with Light Ball Contact (I suggest for this phase you use [Almost Golf Balls](#), Whiffle balls, Foam balls etc.)

- Repeat Phase 1 but with balls and you're swinging from your paused top of the backswing position. So it's...
- Setup → Arm parallel → Pause → Top → Pause → Then swing down and through by **sliding/opening hips**.

- Let your **hip push the reference object** at the start of downswing.

☑ Do **10 reps** - *Don't worry about results in this phase.*

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### ● Phase 5 – Slow Backswing to Top (pause), Then Swing Through (Eyes Open and hitting golf balls)

- Swing to the top at ~20% speed.
- Stop at the top, then swing through.

☑ Do **10 reps** – *Don't worry about results in this phase.*

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### ● Phase 6 – Same as Phase 5, Eyes Closed (Hit Balls)

- Build feel with **eyes closed**.
- You can open your eyes after you have reached the top of your backswing to swing down and through.

☑ Do **10 reps** - *Still not focusing on results.*

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### ● Phase 7 – No Pause, Smooth Full Swings

- No pause at the top.
- Start at **20% speed**. Once you're confident you're completing the move properly and how you want then slowly speed up to your normal tempo (e.g. 85–95%).

☑ Do **40 reps**

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# After the Reps: Transfer It to Real Golf

## ☒ Step 1: Simulated Golf Shots

- At the range or home net, imagine you're playing a real round.
  - Go through your **full pre-shot routine**, and swing using Hogan's move.
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## ☒ Step 2: Quiet Nine Holes

- Play 9 holes when it's quiet.
  - Use Hogan's move **on every full swing** — don't worry about score, just reinforce the move on the golf course.
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## ☒ Step 3: Full Play – Trust the Move

- Now you're ready for normal rounds.
- You've done the reps.
- Trust it and swing with freedom — just like the major champions do.